INFORMATION FOR THE PRESS

U. S. DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION
PRESS SERVICE

WASHINGTON, D. C.

RELEASE FOR PUBLICATION
FEBRUARY 1, 1933 (WEDNESDAY)

THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all	
Every day --	Two to four times a week --
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean meat, fish, or poultry or cheese
A fruit or additional vegetable	
Milk for all	

CARROTS A WINTER STAND-BY FOR VITAMINS

Carrots are, or should be, a winter stand-by for the economical housekeeper, says the Bureau of Home Economics of the U. S. Department of Agriculture. They are among the cheapest of the vegetables, and for vitamin content they rank at the head of the list of edible roots. For texture, flavor, and color they are desirable in the family bill-of-fare. This vegetable can be used in a variety of ways.

The carrot advertises its values. The yellow of the carrot lends a cheerful tone to the table. The carrot yellow is due primarily to a pigment known as carotene. Scientists have found a definite relation between vitamin A and carotene. Where this pigment occurs, either vitamin A is present or the carotene is changed in the body to vitamin A. Other yellow vegetables such as sweetpotatoes, pumpkin, yellow corn, or yellow turnips are also better sources of vitamin

A than are white potatoes, white corn, or white turnips.

Carrots, as it happens, are a rich source of vitamin B and vitmin C, as well as of vitamin A. The necessity of assuring an adequate supply of vitamin A, however, makes the cheaper vegetable sources of this vitamin especially useful in the low-cost diet. Therefore use plenty of carrots, says the bureau, for they are an important and cheap protective food.

Like cabbage and turnips, carrots are often eaten raw, and in that form give their fullest food values. Hence the Bureau of Home Economics suggests the frequent use of raw carrot sticks, chopped or grated carrot in salads, alone or combined with raw cabbage, with raw turnips, with cooked vegetables, or in gelatin.

Scientific cookery methods are necessary in the cooking of carrots, as of all other vegetables, if the mineral and vitamin values are to be preserved. To prevent such losses so far as possible, carrots may be steamed whole or baked in the pan with a roast, or simmered in the smallest possible quantity of water, just long enough to become tender. To shorten cooking time, the carrots may be diced or sliced while raw, but in this case, any cooking water that remains should be served with the carrots, because it contains any soluble nutrients not destroyed by heat.

Carrots in parsley butter, with lemon juice, are an especially attractive dish to serve with fish. Plain buttered carrots, creamed carrots, mashed carrots, buttered or creamed carrots and peas, scalloped carrots and apples, are inexpensive, and carrots add food value as well as good flavor and texture to any vegetable stew, a New England boiled dinner, or a pot roast with vegetables. Carrot custard is another possibility, if eggs are available.

WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
including two adults and three children

Bread	12 - 16 lbs.
Flour	1 - 2 "
Cereal	4 - 6 "
Whole fresh milk, or	23 - 28 qts.
Evaporated milk	23 - 28 tall cans
Potatoes	15 - 20 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 20 "
Fats, such as lard salt pork, bacon, margarin, butter, etc.	2½ "
Sugar and molasses	3 "
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 eggs

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LOW-COST MENU FOR ONE DAY

Breakfast

Cereal - Toast
Tomato Juice for youngest child
Coffee (adults) - Milk (children)

Dinner

Ham with Sweetpotatoes
Buttered Onions - Drop Biscuits
Baked Apples
Tea (adults) - Milk (children)

Supper

Raw Carrot and Canned Pea Salad
Cheese Sandwiches
Milk or Cocoa for all

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[illegible] RECIPES

Carrots in Parsley Butter

8 or 10 medium-sized carrots
1/2 teaspoon salt
1/4 cup butter
2 tablespoons lemon juice
1 tablespoon finely chopped parsley

Wash and scrape the carrots and cut them in slices, or dice them. Cook in a small quantity of boiling salted water for 10 to 15 minutes, or until tender, drain, add the butter, lemon juice, and parsley, and serve at once.

Scalloped Carrots and Apples

Arrange sliced cooked carrots and sliced raw apples in alternate layers in a greased baking dish. Season the carrots with salt and melted fat, and sprinkle a little sugar over each layer of apples. Cover the dish and bake in a moderate oven for 30 to 40 minutes. Toward the last uncover the dish, add bread crumbs, and bake until crisp and brown. Serve in the baking dish.

Vegetables au Gratin

Mix two or more kinds of fresh-cooked or left-over vegetables such as string beans, carrots, and turnips or cauliflower, and place in a shallow baking dish. Pour over the vegetables thin white sauce to which cheese has been added. Cover with buttered bread crumbs and bake in a moderate oven until the sauce bubbles and the crumbs are brown.

Vegetable Curry

1/2 cup rice
1 cup diced onion
2 cups diced carrots
1 cup fresh or canned peas
4 tablespoons butter or other fat
1/2 teaspoon salt
1/4 teaspoon curry powder

Wash the rice and cook in 2 quarts of boiling salted water. Drain in a colander, pour cold water through, and let stand over steam until the grains swell and become separate. Cook the vegetables in a small quantity of water and just before removing from the stove add the canned peas, or if fresh peas are available, cook them with the other vegetables. Use the liquid from the vegetables and add the fat, salt, curry, and sauce. On a hot platter make a ring of the cooked rice, pile the vegetables in the center, pour over them the liquid mixture, and serve very hot.

Ham with Sweetpotatoes

1 slice ham
4 large sweetpotatoes, sliced
2 tablespoons sugar
1 cup hot water

Brown the ham lightly on both sides and place in a baking dish. Spread the sliced sweetpotatoes over the ham and sprinkle with the sugar. Add the hot water to the drippings, pour over the ham and sweetpotatoes, cover, and bake in a moderate oven (350°F.) until the ham is tender. Baste occasionally with the gravy. Toward the last remove the lid and let the top brown.

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WASHINGTON. D. C

RELEASE FOR PUBLICATION
FEBRUARY 8, 1933. (WEDNESDAY)

THE MARKET BASKET
by
The Bureau of Home Economics, U.S. Department of Agriculture

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all	
Every day --	Two to four times a week --
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean meat, fish, or poutry or cheese
A fruit or additional vegetable	
Milk for all	

CANNED SALMON AND OTHER CANNED FISH

Canned salmon is one of the low-priced articles on the grocer's shelves in winter. Sardines, kippered herring, and canned herring roe also are cheap. These particular fish products mean more than mere items for low-cost meals, says the Bureau of Home Economics of the U. S. Department of Agriculture. They have unusual value in the diet.

Canned salmon is a product of the salmon fisheries of the Pacific Coast. Millions of pounds are canned each year and shipped all over the world. There are five kinds of Pacific salmon, however, and though they are closely related species of fish, they usually sell at different prices. The king salmon, or chinook, or spring salmon, as it is called in different regions of the coast, is a higher-priced fish than any of the others as a rule. Next comes the sockeye or red salmon. The humpback or pink, the silver or coho, and the keta

or chum are the cheaper grades, all widely used.

The Pacific salmons are very oily fish and the oil is rich in two of the vitamins -- the fat-soluble vitamins A and D. The deeper colored fish are richer than the others, which means that of the four cheaper salmons, the red and the humpback or pink are likely to be the better sources of these vitamins. Vitamin A is important in human food because it helps to prevent infections of eyes, nose, throat and the digestive tract. Vitamin D is the factor that prevents rickets in children, provided they have plenty of milk, also, to furnish calcium and phosphorus. All foods rich in vitamin D are especially useful in winter, for when the days are short and the sun's rays weak, we get very little of vitamin D from the other great source -- the sunlight.

Canned salmon has another important value besides its vitamins A and D. It contains the factor that will prevent pellagra, a disease prevalent in sections of this country where the diet consists chiefly of corn meal, fat meat, and molasses. Scientists who studied this disease found that by the addition of canned salmon to this diet they could either prevent pellagra or cure it where it occurred.

Sardines are young herrings, which are also very oily fish. They are rich in vitamin D. as are the larger herrings also

Canned fish is a labor-saving food, for it can be served from the can, if so desired. It has all the important food values of meat, with special vitamin values besides. It is convenient, as well as appetizing, in school lunches, or other lunches, or in salads. There are innumerable other ways to serve canned salmon. It is used in combinations with other foods. It may be creamed or scalloped. Salmon loaf, salmon chowder, salmon patties or croquettes are favorites. Kippered herring scalloped with macaroni, makes a most appetizing dish, and a cheap one. Herring roe, if mixed with riced potatoes and fried in patties,

is excellent food at low cost.

WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
including two adults and three children

Bread	12 - 16 lbs.
Flour	1 - 2 "
Cereal	4 - 6 "
Whole fresh milk, or	23 - 28 qts.
Evaporated milk	25 - 31 "
Potatoes	15 - 20 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 20 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc.	$2\frac{1}{2}$ "
Sugar and molasses.	3 "
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 eggs

LOW COST MENU FOR ONE DAY

Breakfast

Hot Cereal - Top Milk
Johnny Cakes with Molasses
Toast and Tomato Juice for youngest child
Coffee (adults) - Milk (children)

Dinner

Creamed Salmon and Peas on Toast
Flaky Rice -- Cold Slaw
Tea (adults) - Milk (children)

Supper

Fried Potatoes with Onion
Bread and Butter
Canned Fruit
Milk for all

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RECIPES

Creamed Peas and Salmon

1 No. 2 can peas
1 pound can salmon
1 tablespoon lemon juice
2 tablespoons butter or other fat
3 tablespoons flour
1 pint milk
1/2 teaspoon salt
Pepper
Crisp toast

Drain the peas. Flake the salmon, remove bones and skin, and add the lemon juice. Make a sauce with the fat, flour, and milk, add the salt and

pepper, and cook until thickened. Stir in the peas and salmon, adding more salt if needed, and when hot, serve on slices of crisp toast.

Salmon and Potato Cakes

Remove the skin and bones from a pound can of salmon and flake into very small pieces. To a quart of hot seasoned potatoes add the salmon, and salt and pepper to taste. Beat until well blended and light. When cold make into cakes, brown on both sides in fat, and serve at once.

Kippered Herring and Macaroni

1/4 pound macaroni, broken into small pieces
1/2 pound can kippered herring
2 tablespoons butter or other fat
3 tablespoons flour
1 pint milk
1/2 teaspoon salt
1/2 cup buttered crumbs

Cook the macaroni in boiling salted water until tender. Drain. Remove the skin from the fish and cut them into pieces. Make a sauce of the fat, flour, salt and milk. Put the macaroni and fish into a greased baking dish in alternate layers, pouring some of the sauce over each layer. Cover with the buttered crumbs and bake until the sauce bubbles and the crumbs are brown.

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RELEASE FOR PUBLICATION
FEBRUARY 15, 1933 (WEDNESDAY)

THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all

Every day --	Two to four times a week --
Cereal in porridge or puddings	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean meat, fish or poultry, or cheese
A fruit or additional vegetable	
Milk for all	

DRIED FRUITS AND CANNED FRUITS IN WINTER DIET

In northern climates dried fruits and canned fruits are money savers, whether put up at home or bought in the grocery. They are actually cheap nowadays, and they are a good investment because they are protective foods. They supply some of the food values of fresh fruits which may be out of reach in price at this time of year.

Of the dried fruits, prunes, apricots, and peaches are entitled to special mention. When fresh all three of these fruits are valuable for their content of vitamins A, B, and C. Fresh apricots and peaches contribute some iron to the diet. Dried fruit is merely fresh fruit with water taken out. After drying, prunes, apricots, and peaches retain their minerals and a con-

siderable percentage of their vitamin A. Prunes retain a good proportion of their vitamin B also, and peaches and apricots retain much of their vitamin C if they are sulphured before drying as usual in the commercial drying process.

It is in the cooking of dried fruit at home that food values are most likely to be lost, the specialists say. To avoid this as far as possible, and at the same time to get the best flavor and texture, the Bureau of Home Economics suggests: (1) Use dried fruit uncooked when you can; (2) if it is to be cooked, shorten the cooking time to allow the fruit merely to become plump and tender; (3) if the fruit is soaked, cook it in the soaking water; (4) serve the cooking water (or sirup) with the fruit.

Prunes and aprocots can be used without cooking if put to soak in hot water and left until plump and tender. Dried peaches are best if cooked. Soaking the fruit before cooking reduces the cooking time, but it is not necessary to soak overnight. For serving as stewed fruit, the flavor and testure are better if the soaking time is much shorter. Different lots of fruit may require somewhat different treatment, but half an hour of soaking in hot water will be found sufficient, as a rule, for dried peaches, and an hour for prunes. Dried apricots need not be soaked at all. For puddings and whips, however, where pulp and juice are combined, the fruit may be soaked for several hours, or overnight, in order to make the pulp go through the colander more easily.

Canned fruits, as well as dried fruits, retain considerable of the original vitamin content. Apricots, peaches, and pineapple, among the cheaper canned fruits, are sources of vitamins A and C.

To make the most of the flavor of dried or canned fruits, the Bureau of Home Economics suggests combinations with rice, with hominy grits, with tapioca, with gelatin, or in shortcake. For a simple, all-fruit dessert, dried prunes and apricots cooked together are an excellent combination. As a prune variation, a relish may be

made by simmering the prunes in a spiced sirup to which vinegar has been added.

Raisins, of course, have countless uses -- with oatmeal or whole wheat at breakfast, in sauce with ham, in cookies and cakes of many kinds, as well as in puddings and pies. They add their flavor and their sugar, and also a fair quantity of iron, and other minerals.

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WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
including two adults and three children

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Cereal	4 - 6 "
Whole fresh milk, or	23 - 28 qts.
Evaporated milk	25 - 31 tall cans.
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Fats, such as lard, salt pork, bacon, margarin, butter, etc.	$2\frac{1}{2}$ "
Sugar and molasses	3 "
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 eggs

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LOW COST MENU FOR ONE DAY

Breakfast

Hot Cereal - Top Milk
Tomato Juice for youngest child
Toast
Coffee (adults) - Milk (children)

Dinner

Hamburg with Tomato Sauce
Mashed Potatoes
Heated soft rolls
Tea (adults) - Milk (children)

Supper

Split Pea Soup
Toast or Crackers
Prune and Apricot Pie
Milk for all

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RECIPES

Prune and Apricot Pie

1/2 pound prunes
1/2 pound apricots
2 cups water
2 tablespoons cornstarch
1/2 cup sugar
1/4 teaspoon salt
1 tablespoon butter or other fat
Pastry

Soak the prunes and apricots, drain and save the juice. Remove the seeds from the prunes, and cut the fruit slightly. To the fruit juice add the cornstarch, sugar, and salt, and cook for a few minutes. Add the fruit and cook until it is heated through. Pour the mixture into a deep pie pan lined with pastry. Dot the top with fat. Cover with a layer of pastry dough. Bake about 30 minutes in a moderately hot oven (400°F.). Sprinkle with powdered sugar while hot and serve the pie hot or cold.

Jellied Prunes

1/2 pound dried prunes, cooked and pitted
2 tablespoons gelatin
1/2 cup cold water
1 cup sugar
1/8 teaspoon salt
1/4 cup lemon juice

Heat the prune juice, and if necessary add water to make 2 cups. Meantime soften the gelatin in the cold water and add with the sugar and salt to the hot fruit juice, stir until dissolved, and set aside to chill. Cut the prunes into small pieces and when the gelatin mixture has partly set, stir in the prunes and lemon juice and put in a cold place for 3 or 4 hours or until set. Serve plain or with milk or cream.

Apricot Tapioca

1/2 pound dried apricots, cooked
3 tablespoons quick-cooking tapioca
1/2 cup sugar
1/4 teaspoon salt

If necessary, add water to make 2 cups of juice from the cooked apricots. Stir the tapioca in the juice and cook in a double boiler for 15 minutes, or until the tapioca is clear. Cut the apricots into small pieces and add with the sugar and salt to the tapioca. Chill and serve with milk or cream.

Prune Whip

3/4 pound prunes
1½ cups water
1/2 cup sugar
1/4 teaspoon salt
1 tablespoon lemon juice, or more
3 egg whites

Cook the prunes in the water, add the sugar, and salt, and press through a colander. Add the lemon juice and fold in the stiffly-beaten whites of eggs.

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